

The Living Word of the Buddha

The Buddha's Teachings in the Oldest Texts
Translations, essays & notes by Piya Tan ©2019d

Sutta Discovery

Volume 55a

Happiness and progress

1	55.1	A 9.34	(Navaka) Nibbāna Sutta. The (Nines) Discourse on Nirvana. Nirvana is happiness beyond feeling
15	55.2	M 85	Bodhi Rāja,kumāra Sutta. The Discourse to Prince Bodhi. Happiness cannot really come from suffering
78	55.3	Cv 5.21.1-4	Cela,pattikā Vatthu. The Case of the Cloth-strips. Monastics should inspire faith and happiness in others
92	55.4	DhA 12.1	Bodhi Rāja,kumara Vatthu. The Story of Prince Bodhi. We should guard our actions in childhood, youth and maturity
98	55.5	J 353	Dhona,sākhā Jātaka. The "Spreading Branch" Birth-story. Who sows violence reaps its fruits
110	55.6	S 36.29	Suddhika Nirāmisa Sutta. The Discourse on the Purely Spiritual. Nirvana the highest spiritual state
116	55.6(2)	S 36.14	(Vedanā) Āgāra Sutta. The (Vedanā) Discourse on the House. 3 kinds of feeling: the carnal & the spiritual
123	55.7	S 42.11	Bhadraka Sutta. The Discourse to Bhadraka. How to know the noble truths of true reality
147	55.8	A 4.21	Uruvela Sutta 1. The 1 st Uruvela Discourse. Even the Teacher respects the teaching
178	55.9	It 38	(Iti) Vitakka Sutta. The (Iti,vuttaka) Discourse on Thoughts. The essence of Buddhist discipleship
207			Reading List.

For conventions, abbreviations, and bibliography:

<http://www.themindingcentre.org/dharmafarer/sutta-discovery/guides>

The good that we are will be the good after us

Suttas: <http://dharmafarer.org> • Courses: <http://themindingcentre.org>

ISBN 978-981-14-4266-7

©2019 TAN Beng Sin
All rights reserved
Printed in Singapore

THE MINDING CENTRE, based in Singapore, is part of Piya Tan's Dharma ministry. It was founded in 2006 to provide non-religious Dharma-based services to those in need of counsel and solace. It also serves as a haven and hub for those seeking Dharma by way of critical thinking, creative feeling, meditation, sutta translation and study, spiritual experience, and sharing that light and joy. The Centre also supports and promotes Piya Tan in his full-time Buddhist and related work.

Courses: <http://themindingcentre.org>

THE SUTTA DISCOVERY SERIES is part of the Living Word of the Buddha project which aspires to present and encourage an exploration of early Buddhism, both in a Dharma-inspired and academic manner for personal development as well as outreach work on a local and global scale. The Minding Centre and the Living Word of the Buddha project are motivated and guided by a quest for the historical Buddha and a vision of mere Buddhism.

Suttas: <http://dharmafarer.org>

THE MERE BUDDHIST VISION. We aspire to learn, teach and practise mere Buddha Dharma, or "non-religious Buddhism," that is, Buddhism as simple as possible, as the teaching of the historical Buddha, so that it is open to all who seek true stillness and liberating wisdom. We aspire to compassionately and joyfully proclaim the possibility, necessity and urgency of gaining spiritual liberation in this life itself—at least as streamwinners, with or without dhyana—in keeping with the spirit of the Okkanta Saṃyutta (S 25). ***Mere Buddhism is easy: live it and be free.***

Piya Tan (TAN Beng Sin), 1949-
Title: Sutta Discovery 55a. Theme: Happiness and progress
Series: The living word of the Buddha (2002-)
First published 2019; publisher: the author
ISBN 978-981-14-4266-7

Help Buddhism grow

Your pledge & support bring Dharma to others:

- Print Dharma and related books, and Internet Dharma**
- Support our sutta translation: <http://dharmafarer.org>**
- Sponsor our full-time Dharma work and global ministry**

*WE GIVE
for the sake of a beautiful mind,
as a support for the mind (in inner peace).
(Aṭṭha Dāna Sutta, A 8.31/4:236)*

KEEPING BUDDHISM CENTRED

Sutta translations: <http://dharmafarer.org>

As people today become more aware of Buddhism, many seek the simple original teachings of the Buddha. For over two decades now, Piya Tan has been inspired by this ideal of “mere Buddhism.” In this connection, he has set up the Minding Centre and Pali House.

The Minding Centre

A still centre in life's storms

Email: themindingcentre@gmail.com; hp +65 8211 0879.

Sutta, commentary & inquiry: <http://dharmafarer.org>

Address all mails to: “Pali House,” Blk 248, Jurong East St 24, #08-50, Singapore 600248

Pali House

On Vesak Day, 12th May, 2006, Pali House was born, fulfilling Piya's long-time dream for living space that is spacious, quiet and conducive for his Dharma work.

- Pali House has one of the most complete set of early Buddhist scripture (texts and translations).
- The translating of the early Buddhist scripture in the **Sutta Discovery** series is done at Pali House.

Pali House is possible through the generosity of the Buddhist community and various individuals like yourself who have generously and regularly contributed to Piya Tan's work. He is doing full-time lay Dharma work without any salary. As such, your continued support will greatly help our Dharma work.

How you can help

- Support for Piya Tan's full time Buddhist work (especially the Sutta Translation & related projects).
- Help with the Dharmafarer website (<http://dharmafarer.org>) through your expertise and time.
- Introduce people to the the Minding Centre and advertise our activities to your friends, etc.
- Donate to cost of computer peripherals and printing, especially laser printer toner and A4 copy paper.
- Sponsor purchases of Buddhist scriptures, books and materials (for the Sutta Translation library).
- Contribute to **the Sutta publication fund** (for printing costs of study notes and SD books, etc).
- Encourage relatives and friends to offer dāna together for merit of happy togetherness.
- After making such offerings or acts of merit, make this **Dharmafarer aspiration**:

*May this merit bring my mind peace and wisdom.
May I enter the path of streamwinning in this life itself.*

To pledge or donate, please make your cheque payable to “**The Minding Centre**” & mail to:

“Pali House,” Blk 248, Jurong East St 24, #08-50, Singapore 600248.

For more information on our **CLASSES and ACTIVITIES**,
please *email* us at dharmafarer@gmail.com.

SUTTA DISCOVERY

Directly seeing the Buddha's Teachings

The Minding Centre

hp: +65 8211 0879; email: themindingcentre@gmail.com

Websites: <http://dharmafarer.org>; <http://themindingcentre.org>

FACEBOOK: <https://www.facebook.com/piyatan>

Every 2nd Sunday & 4th Sunday @ 10.45 am-12.30 pm

Venue: Poh Ming Tse

(Location: <http://www.pmt.org.sg/about/contact-us.asp>)

438 Dunearn Road, Singapore 289614

For class info: themindingcentre@gmail.com; hp: 8211 0879.

The most direct way to learn Buddhism is to read and live the Pali suttas which contain some of the oldest records we have of the Buddha's teachings. As we search these scriptures, we will discover ourselves amidst their stories, teachings and practices, and even take a first step towards spiritual awakening.

This series will also help you **learn and master the Pali Canon**: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies are made between the Pali, Sanskrit and Chinese (Āgama) versions of the suttas. Although a very basic knowledge of Buddhism (the 5 Precepts, etc) is helpful, no knowledge of these languages is required for this course. This class is suitable for beginner and mid-range level.

The Sutta Discovery (SD) series started with **the NUS Buddhist Society** weekly Sutta Study Group (SSG) classes (February 2002 onwards), and **the Buddhist Fellowship** SD series (February 2003 onwards). The SD works are now freely available worldwide on <http://dharmafarer.org>. There is an on-going global team of volunteer **Sutta readers** who regularly study the suttas and essays, and proof-read them.

□ **PIYA TAN**, a former **Theravada monk** for 20 years, works full-time on the Suttas with new commentaries, and teaches them. As a full-time lay Dharma teacher, he specializes in early Buddhism. He was consultant and regular lecturer to the Buddhist Studies Team (BUDS) that successfully introduced **Buddhist Studies in Singapore Secondary Schools** in the 1980s, and then, invited as a visiting scholar to **the University of California at Berkeley, USA**. He has written many ground-breaking and educational books on Buddhism (such as *Total Buddhist Work*) and social surveys (such as *Buddhist Currents* and *Charisma in Buddhism*).

As a **full-time Dharma teacher**, he runs Sutta and related classes like the basic Pali course series, the Sutta Study Group (NUSBS), Dharma courses (the Singapore Buddhist Federation), Sutta Discovery classes (Buddhist Fellowship and elsewhere), and Sutta-based (including meditation) courses (The Minding Centre), besides his own full-time **Pali translation and research project**, the Pali House, and doing a comparative study of the Pali Nikāyas and the Chinese Āgamas. As a Theravāda monk, he learned insight meditation from **Mahasi Sayadaw** himself in the 1980s, and forest meditation from various forest monks. He has run numerous **meditation courses and retreats** for students and adults (including non-Buddhists) since 1980s. In 1992, he taught meditation at the University of California at Berkeley, USA, and also to BP, JPMorgan, the Defence Science Organization, GMO, HP and SIA. He writes weekly reflections and gives daily online teachings on Facebook. All this for the love of Dharma and of Ratna and posterity.

Dharma Drive

The Living Word of the Buddha

The Buddha's Teachings

in the Earliest Texts

The Sutta Discovery series by Piya Tan,
beginning in 2002 and still going on.



For Dharma stewards (supporters):
The Dharma Card (8GB Micro SD Card)
contains +60 SD vols, sutta teachings
(MP3 talks, videos), reflections & books
by Piya Tan.

Make this a gift to a monastic or someone who needs it

This series will also help you **learn and master the Pali Canon**: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies are made between the Pali, Sanskrit and Chinese (Āgama) versions of the suttas. If you can read this message, you are ready to study the Sutta translations. No deep knowledge of Buddhism is needed. [For 20 reasons for the SD series, see <http://www.themindingcentre.org/dharmafarer/sutta-discovery>]

Sutta Discovery (quarterly; ring-bound A4 vols): S\$15.00 each (unless otherwise stated) or donation.

- | | |
|---|---|
| <input type="checkbox"/> Epilegomena (key & index volume) FREE | <input type="checkbox"/> SD 29 (2010a) Elements |
| <input type="checkbox"/> SD 1 (2003, 2010) Dhammacakka Sutta | <input type="checkbox"/> SD 30 (2010b) Skillful means |
| <input type="checkbox"/> SD 2 (2003, 2010) Wealth & Mettā | <input type="checkbox"/> SD 31 (2010c) Latent tendencies |
| <input type="checkbox"/> SD 3 (Sep 2003) Refuge-going | <input type="checkbox"/> SD 32 (2011a) Mental hindrances |
| <input type="checkbox"/> SD 4 (Jan 2004) Karma 1 | <input type="checkbox"/> SD 33 (2011b) Dhyana |
| <input type="checkbox"/> SD 5 (Apr 2004) Dependent arising | <input type="checkbox"/> SD 34 (2011c) Spiritual friendship |
| <input type="checkbox"/> SD 6 (Jul 2004) Wisdom 1 | <input type="checkbox"/> SD 35 (2011d) Wisdom 2 |
| <input type="checkbox"/> SD 7 (Jan 2005) The world and universe | <input type="checkbox"/> SD 36ab (2011e/2012a) Buddhism & mythology (2-vol set) |
| <input type="checkbox"/> SD 8 (Apr 2005) Lay sainthood | <input type="checkbox"/> SD 37 (2012b) Right Livelihood 1 |
| <input type="checkbox"/> SD 9 (Nov 2004) Mahā Parinibbāna Sutta | <input type="checkbox"/> SD 38 (2012c) Love & compassion |
| <input type="checkbox"/> SD 10 (Apr 2006) The limbs of awakening | <input type="checkbox"/> SD 39 (2012d) Karma 3 |
| <input type="checkbox"/> SD 11 (Jan 2006) Emptiness | <input type="checkbox"/> SD 40a1+2 (2013ab) Levels of learning (2-vol set) |
| <input type="checkbox"/> SD 12 (Apr 2006) Brahmā (the High God) | <input type="checkbox"/> SD 40b (Oct 2008) Chinese Buddhism \$20 |
| <input type="checkbox"/> SD 13 (Jul 2005) Satipaṭṭhāna Suttas | <input type="checkbox"/> SD 41 (2013d) Samatha & vipassana |
| <input type="checkbox"/> SD 14 (Oct 2006) Self-identity view | <input type="checkbox"/> SD 42 (2014a) Impermanence & diligence |
| <input type="checkbox"/> SD 15 (Jul 2006) Mental cultivation | <input type="checkbox"/> SD 43 (2014b) Healing |
| <input type="checkbox"/> SD 16 (Jul 2007) Impermanence 1 | <input type="checkbox"/> SD 44 (2014c) Solitude & silence |
| <input type="checkbox"/> SD 17ab (Jan 2007) Aggregates (2-vol set) \$30 | <input type="checkbox"/> SD 45 (2014d) Faith & giving |
| <input type="checkbox"/> SD 18 (Oct 2007) Karma 2 | <input type="checkbox"/> SD 46 (2015a) Teaching & learning |
| <input type="checkbox"/> SD 19 (Jan 2008) The meditation sign | <input type="checkbox"/> SD 47 (2015b) Precept & practice |
| <input type="checkbox"/> SD 20 (Jul 2008) Revulsion | <input type="checkbox"/> SD 48 (2015c) Death & mindfulness |
| <input type="checkbox"/> SD 21 (Oct 2008) Views | <input type="checkbox"/> SD 49abc (2015d/2016ab) Life of the Buddha 1 (3-vol-set) |
| <input type="checkbox"/> SD 22 (Apr 2008) Giving & generosity | <input type="checkbox"/> SD 50ab (2017ab) Awakening & nirvana (2-vol set) |
| <input type="checkbox"/> SD 23 (May 2008) Death & Rebirth | <input type="checkbox"/> SD 51ab (2017cd) Effort and energy (2-vol-set) |
| <input type="checkbox"/> SD 24 (Dec 2008) Samadhi | <input type="checkbox"/> SD 52.1 (2018a) Miraculous life of Gotama Buddha |
| <input type="checkbox"/> SD 25 (Nov 2006) Brahmajāla Sutta | <input type="checkbox"/> SD 52b (2018b) Parables 2 |
| <input type="checkbox"/> SD 26 (Apr 2009) Non-self | <input type="checkbox"/> SD 53ab (2018cd) Truth & reality |
| <input type="checkbox"/> SD 27 (Jul 2009) Psychic powers | <input type="checkbox"/> SD 54abc (2019abc) Devas 1 (part 1-3) |
| <input type="checkbox"/> SD 28 (Oct 2009) Parables 1 | <input type="checkbox"/> SD 55a (2019d) Happiness and progress |

Please order from

The Minding Centre "Pali House," Blk 248, Jurong East St 24, #08-50, Singapore 600248.

email: themindingcentre@gmail.com ; hp +65 8211 0879

Suttas: <http://dharmafarer.org> ; courses: <http://themindingcentre.org>